

Quarantine and Isolation Guidelines for Dent County

In Effect as of 11/1/21

1) Summary of Changes

Please note: Decisions made by Dent County Health Center Public Health staff may differ from these guidelines based on the totality of the individual circumstances. Every encounter is different and more factors go into determining risk than can be adequately described in any written guidelines. Our staff will do their best to take into consideration all relevant details when determining quarantines.

This document is a list of recommendations from the Health Center rather than requirements. It describes the position of the Dent County Health Center, but entities such as schools may choose to follow or modify these guidelines as they see fit without being considered in violation of Health Center rules, particularly in sections where these guidelines deviate from other published documents, such as the DESE/DHSS guidelines.

When the schools are conducting the case investigations, the Dent County Health Center will defer the ultimate decisions on close contacts and quarantine durations to the schools. When the Health Center conducts the investigations, these will be the recommended guidelines.

- Modified use of the K-12 exemption for close contacts when both parties wear masks.
 - Expanded allowance to allow one masked party in certain circumstances
- Fully vaccinated or patients previously infected with C-19 within the last 90 days do not need to quarantine when exposed.
- Changes to Quarantine duration
 - Duration based on county positivity rate or Case Rate

CONDITION	Duration	Mask Use
More than 15 active cases AND Positivity Rate 10% or greater	14 days, no test out option, except for school Test To Stay (K12 only)	Recommended for all people greater than age 2 to wear a mask when the case rate is >100/100,000 (15 active cases)
15 or fewer active cases OR Positivity Rate <10%	10 Days, with option to test out at 7 days, and Test To Stay option (K12 only)	Recommended for all <u>unvaccinated</u> individuals to wear a mask when case rate is 15 or fewer active cases.

- Test out of quarantine only applies if
 - Positivity rate is <10%
 - There is no PCR test shortage.
 - The test obtained must be a PCR or NAAT test on or after the 5th day.
- Added Modified quarantine options (Test to Stay, extracurricular activity exclusion)

2) Close Contacts

- a) Dent County will use the CDC's definitions of close contacts
 - i) The CDC defines a close contact to COVID-19 as someone who was within **6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period** (for example, three individual 5-minute exposures for a total of 15 minutes).
 - ii) An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.
 - iii) The CDC added an **exception** for students in the **K-12 setting**. In Missouri, students, teachers, and staff in the K-12 indoor setting who were within **3 feet** of an infected person (laboratory-confirmed or a clinically compatible illness) **AND if both** the infected person and the exposed person(s) **correctly and consistently wore well-fitting masks** the entire time are not considered close contacts to a case.
 - iv) Students, teachers, and staff in the K-12 indoor setting who were with **6 feet, but not closer than 3 feet** of an infected person (laboratory-confirmed or a clinically compatible illness) are not considered close contacts to a case **IF** the exposed person(s) **correctly and consistently wore well-fitting masks** the entire time.

- v) A number of factors can influence a person’s risk of exposure to COVID-19, including the type, proximity, and duration of their exposure, environmental factors (such as crowding and ventilation), vaccination status, prior COVID-19 infection, and mask use. Correct and consistent mask use is a critical step that people can take to protect themselves and others from COVID-19. However, the type of masks used and whether they are used consistently and correctly varies throughout the general population. Except in K– 12 indoor settings as described above, mask use is not considered when defining a close contact during case investigation and contact tracing, regardless of whether the person diagnosed with COVID-19 or the person exposed to SARS-CoV-2 was wearing a mask.

Exposure risk in the K-12 setting only, for unvaccinated individuals			
	DISTANCE		
MASK USE	LESS THAN 3FEET	BETWEEN 3-6FT	GREATER THAN 6FT
BOTH PARTIES	No quarantine for exposed persons	No quarantine for exposed persons	No exposure
INFECTED ONLY	Exposed must quarantine *DESE option 3 or 4*	Exposed must quarantine *DESE option 3 or 4*	No exposure
EXPOSED ONLY	Exposed must quarantine *DESE Option 3 or 4*	No quarantine for exposed persons	No exposure
NO PARTIES	Exposed must quarantine *DESE Option 3 or 4*	Exposed must quarantine *DESE Option 3 or 4*	No exposure

3) Quarantine Required when

- a) Required for all close contacts (as defined above), except as noted below.
- b) **Exceptions:**
- i) Fully vaccinated individuals do not have to quarantine, but they should wear a mask and monitor for symptoms for 14 days. Consider testing 3-5 days after exposure.
 - ii) Persons previously infected with laboratory confirmed COVID-19 with in the past 90 days AND has recovered AND remains without COVID-19 symptoms for the full 14 days past the last date of exposure to the case, do not have to quarantine, but they should wear a mask and monitor for symptoms for 14 days. Consider testing 3-5 days after exposure.
 - iii) In the K-12 Setting: within 6 feet of a person diagnosed with COVID-19 AND both the case and the potentially close contact **correctly and consistently wore well-fitting masks** the entire time; AND remains without COVID-19 symptoms for the full 14 days past the last date of exposure to the case. **NOTE: This does not include exposures occurring during extracurricular activities such as sports**

(1) IF only the infected person is wearing a mask, then the exposed persons must quarantine (DESE options 3 or 4 permitted).

(2) If only the exposed person is wearing a mask, and the separation was 6ft but not less than 3ft, then they do not have to quarantine.

(3) If only the exposed person is wearing a mask, and the separation was less than 3ft, the exposed person must quarantine (DESE options 3 or 4 permitted).

(4) If neither party is wearing a mask, then exposed persons must quarantine (DESE options 3 or 4 permitted).

4) Modified Quarantine Options

a) DESE Option 3: Extracurricular Exclusion

i) Student quarantines outside of school setting, but may stay in school wearing a mask correctly and consistently. Student may not participate in extra curricular activities.

b) DESE Option 4: Test to Stay

i) Student quarantines outside of school setting, but may stay in school wearing a mask correctly and consistently. May participate in extracurricular activities.

ii) Does not apply to exposures outside of school setting.

iii) See DESE guidance for description of testing requirements.

5) Isolation Required when

- a) A person tests positive for COVID-19 and is asymptomatic, unless it is >10 days but <90 days from a symptomatic infection.
- b) A person has symptoms and tests positive for COVID-19.
- c) A person has symptoms of COVID-19 and was exposed to a known case of COVID-19 (if a person on quarantine develops symptoms).

6) Length of Quarantine

- a) Based on Cases and positivity rate:
 - i) **Active cases in county more than 15** and positivity rate Greater than 10% (indicating high community transmission)
 - (1) The quarantine length will be 14 days, with day zero being the date of last exposure.
 - (2) The 7-day testing out option will not be used during periods of high transmission.
 - ii) Positivity rate Less than 10% OR **Active cases 15 or less.**
 - (1) The quarantine length will be 10 days, with day zero being the date of last exposure.
 - (2) The 7-day testing out option will be allowed, provided there is not a shortage of PCR tests. See section on testing.
- b) Testing out of quarantine
 - i) On or after day 5, a quarantined individual may be tested for SARS-CoV-2 using a high-quality molecular test. Antigen tests, such as BinaxNOW, will not be accepted for these purposes due to the low sensitivity and higher likelihood of a false negative.
 - ii) High quality molecular tests have been in and out of availability. If at any time the Administrator determines that a sufficient shortage of these tests exists in the Dent County area, **testing out of quarantine will be suspended** to preserve these tests for symptomatic individuals. If an individual manages to obtain a PCR test during a shortage, it **WILL NOT** be used to inform quarantine length. This is to discourage the use of these limited resources for this purpose.

7) Length of Isolation

- a) The isolation period will be 10 days from symptom onset or positive test if asymptomatic, with day zero being the day of symptom onset or positive test.
- b) CDC guidance regarding symptom resolution and release from isolation will be followed.

8) Mask Use

a) Recommendation based on Case Rate

i) More than 15 active cases in the County

(1) Recommended for all people over age 2 to wear masks regardless of vaccination status when inside and social distancing cannot be maintained or in other high transmission risk scenarios.

ii) 15 or fewer active cases in the County

(1) Vaccinated individuals may choose to wear a mask when in the presence of unvaccinated individuals in an indoor setting or in other high transmission risk scenarios.

(2) Recommended for unvaccinated individuals over age 2 to wear a mask when indoors and social distancing cannot be maintained or in other high transmission risk scenarios.

9) NOTE

Information available about COVID-19, and particularly the delta variant changes every day. These guidelines will be evaluated periodically to ensure they are the appropriate balance of slowing COVID-19 and promoting healthy and safe normal activities.

References

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/guidance-assessing-exposures-contacts-school.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/communication/Guidance-Review.pdf>

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html

<https://dese.mo.gov/media/pdf/missouri-school-reopening-operating-guidance>

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus-lpha/pdf/contact-investigation-qa.pdf>

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/short-infographic-2.pdf>

cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fstrategy-discontinue-isolation.html